

# **LIFE EVENTS, PERSONALITY PROFILE, PSYCHIATRIC MORBIDITY IN SELF INJURIOUS BEHAVIOR - A CROSS SECTIONAL STUDY**

## **ABSTRACT**

**BACK GROUND:** The increasing rate of suicide is a growing health problem World Wide. The majority of suicidal attempts occur in the low and middle economic countries, like India. Suicidal behavior occurs in response to biological, psychological and environmental risk factors.

**AIM:** To study the relevance of life events in individuals with self injurious behavior and to identify the personality problem and psychiatric morbidity in relation to self injurious behavior.

**MATERIALS AND METHODS:** 110 consecutive samples were collected and assessed. Semistructured proforma was administered and scales like Presumptive stressful life events scale, Beck suicidal intent scale, Lethality assessment scale, Eysenck personality questionnaire - 90 were administered. Symptom check list 90, General health questionnaire 12 were used to assess the existing mental and physical well being of the individuals.

**RESULTS:** In this study, suicide attempts were more common in female genders, married persons, educated below twelfth standard and in employed persons. High psychosocial stressors were more in married persons, employed persons ( $p=0.036$ ), and those individual having income level below 10000 per month. High psychosocial stressors had high suicidal intention and high lethality. Ambivert type was more common in suicide attempts. Neurotic type was more common in attempted hanging. 27.3% of the participants had comorbid alcohol use disorder. 52% of the study sample had comorbid psychiatric illness, among these individuals 28% were Borderline personality disorder, 17% had comorbid depressive disorder.

**CONCLUSION:** More than one psychosocial stressors were presents in individuals with suicidal attempts. Some of the suicide attempts have been attempted impulsively with a personality colouring. More than 50% had psychiatric illness, so early identification, diagnosis and treatment is necessary.

**Keywords:** self injurious behavior, deliberate self harm, suicidal attempt, psychosocial stressors, life events, personality disorders.